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Reflection #2

Improvements in academic achievements have been linked to the health of the child. There is not much known about the mechanism of how academic achievement is linked to the indices of child obesity. A longitudinal study conducted by Rachel L. Manes helped shed some light on the matter of how child obesity was linked to academic achievement. This study tested whether the influence of physical activity and body mass index on academic achievement is mediated by several cognitive and emotional processes that in past studies have been shown to have independent effects; executive functioning, concentration, and internalizing symptoms. This study also tested the role of social economic status on the indices of childhood obesity and links to academic achievement. This particular study used Linear Mixed Models. The hypothesized meditational model was supported by childhood obesity indices predicted both reading and math achievement through cognitive processes. The findings were that greater PA led to lower BMI which in turn predicted higher executive functioning, higher concentration levels, and then improved academic achievement in reading and math for ages 9 to 15. The results of this study may begin to enlighten schools that physical activity is essential to produce greater academic achievement.